

Building a good and balanced daily routine

- Developing a healthy daily routine is important to ensure that you are meaningfully engaged both physically and mentally in the day.
- A balanced routine includes participating in self-care and leisure activities to promote health and well-being.

Possible relaxation strategies for your daily routine



Praying/
Meditating



Deep breathing
exercises



Guided
imagery



Listening to
music



Stretching



Journaling

Clinics 4A

TTSH Medical Centre, Level 4

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Department of Occupational Therapy
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Sleep Hygiene



What is Sleep Hygiene?

Sleep Hygiene is a variety of good habits that are important in improving one's sleep. Consistency is the key, and time is required for it to take effect.

Recommended Daytime Habits

Nap early – or not at all

- If needed, take a 20 to 30 minute nap before 3pm in the afternoon
- Naps should be ideally taken 7-9 hours before bedtime

Limit consumption of caffeine, alcohol and nicotine

- Avoid caffeine (e.g. coffee, tea, chocolate, cola) at least 7 hours before bedtime, as these stimulants can keep you awake at night
- Avoid alcohol 7 hours before bedtime, as it disrupts sleep.

Start you day with at least 30 minutes of bright light exposure

- Take a walk outdoors, or have breakfast by the window with bright sunlight or in a well-lit room.
- This helps to increase your level of alertness during the day and helps you fall asleep more easily at night.

Exercise regularly

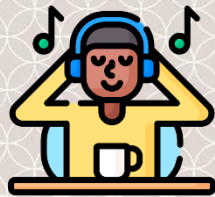
- Avoid strenuous exercise at least 4 hours before bedtime as it may cause your body and mind to become alert and overactive.

Recommended Bedtime Habits



Keep to a consistent sleep-wake schedule

- Going to bed and waking up at the same time daily helps to maintain the body's "internal clock". This also applies to weekends.



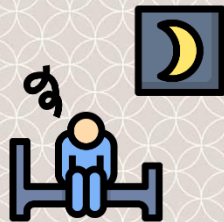
Establish a relaxing wind-down routine for bed

- Take a warm bath, listen to soothing music, or read a physical book



Engage in calming activities if you are having difficulty falling asleep

- If you are not asleep after 20 minutes, get out of bed and engage in a calming activity like reading or listening to music/podcast preferably outside of your bedroom (if possible)
- Return to bed only when you feel sleepy. This also applies if you wake up in the middle of the night and have difficulty falling back to sleep.



Recommended Bedtime Habits



Avoid clock-watching at night

- Worrying about sleep increases stress and makes it harder to fall asleep
- Place your clock out of sight



Turn your bedroom into a sleep-inducing environment

- Keep it quiet, dark, and cool
- Limit blue light exposure by avoiding screentime on your device 1 hour before bedtime.
- Limit bedroom activities to sleep and intimacy only. This helps your mind associate your bed with sleep.



Avoid large meals or excessive water intake before your bedtime.

- Avoid spicy and sugary food before bed
- A full stomach or bladder makes it difficult to fall asleep